

THE

NEW FILLMORE

Volume 5

Number 1

May 1990



Garden statuary at 2550 Pacific at Pierce

—Photo by Ginny Lindsay

- Animal rights & Laurel Heights
- Environmental show at Mesa Gallery
- Help for lymphedema



Mayor's Message for the Neighborhood

by
Mayor Art Agnos

The "Phantom 1200" and other budget tales

City politics in San Francisco creates constant headlines and controversy.

But ironically, the most important issue decided by city officials gets little attention at all.

I'm talking about the budget.

Perhaps it's because budgets seem dry and technical. They don't have the "sex appeal" of political gossip and intrigue.

But the real bottom line for any government is the way it spends the public's money. The truth of who we are as a city will emerge from our debate and decisions over the next three months.

Can Muni service be maintained? Can we provide resources for fighting AIDS and crack cocaine? Do we buy new fire trucks this year?

When I became mayor just over two years ago, San Francisco had been living beyond its means for more than a decade. We had spent all our budget surplus—our savings—and the bill came due just as I assumed office.

As you may recall, I had to cut some \$172 million dollars to balance the books that year, since, unlike the federal government, our city cannot legally spend more than it earns.

Last year, we closed a much, smaller projected deficit of \$58 million.

This year, I was looking forward to finishing the year in the black, and to

having a surplus to help tackle some of the complex problems that confront us as we enter the 1990s.

We still will finish this year in the black.

But because of two blows from Mother Nature, we are once again facing a projected deficit for the fiscal year beginning July 1.

The October 17 earthquake, when all is said and done, will cost us some \$5-10 million in lost revenues and unreimbursed costs next year.

The drought we are experiencing will cost another \$10 million in lost Hetch Hetchy water revenues.

So rather than having the luxury of debating which new programs to add or increase, we must decide instead where to cut millions from programs that have already been trimmed of fat in the last two budget cycles.

I mention this because one of the most difficult jobs I face as mayor—as do the Board of Supervisors—is trying to juggle competing demands from a hundred important and well-intentioned directions.

There are passionate advocates in San Francisco for children and for seniors, for ethnic communities and racial minorities, for arts and culture, for police and fire, for mental health and AIDS

services, for drug enforcement and drug rehabilitation.

Everybody wants their slice of the pie, which is understandable. We are a passionate and caring city.

But if I may make one plea as we begin deliberations on next year's budget, I ask that everyone try to keep an eye on the big picture as well.

There are no easy answers.

A few people looking to score political points have claimed that we can solve our budget problems by simply cutting some "1200 new city jobs" supposedly added during my two years as mayor.

Allow me to debunk this myth of 1200 "phantom workers" once and for all.

To begin with, more than a third of these "new" workers aren't new at all. They were simply not counted by the previous Administration because they were "temporary." Some were on personal service contracts and therefore not counted.

All 409 of those positions existed before I became mayor. I was simply the first to report them on the books—where they belong—no matter how they are paid.

Another 30 percent of the "phantom" city workers were in fact hired as a result of direct court order or requirements of state law. These include new firefighters to integrate the fire department under a federal court mandate, and increased staffing at our jails.

The city would have been held in contempt of court, or forfeited millions in state funding, had we not filled these 351 positions over the past two years.

Another 167 positions were indeed added in the last two years, but at no cost to the city's general fund. Some, like child welfare workers for abused children, are paid from state and federal funds. Others, like ambulance drivers and tax collectors, are supported by revenues for the services they provide.

Incidentally, our ambulance response time is now 15 percent better than it was two years ago.

Finally, another 115 of positions are either paid from bond money or "enterprise funds" from city departments that generate surplus revenue. For example, we hired 33 new people at San Francisco International Airport due to an increase in air travelers. The airlines pay their salaries.

When you come down to it, the "1200 new city workers" turns out to be just 49 workers who were hired by choice during the 1988-89 fiscal year and were paid from the city's General Fund. That's an increase of 49 in a workforce of more than 25,000!

I have also added some 200 new positions in the last ten months. These include new nurses at S.F. General Hospital, 50 health professionals to work with AIDS patients at Laguna Honda Hospital, and about 40 more state- or court-mandated jobs.

Over the next ten weeks of discussion and debate on next year's city budget, some hard decisions will have to be made—by myself as mayor and by the Board of Supervisors, which ultimately enacts the budget.

I look forward to that debate, and to the advice of the general public and activist groups across the board.

There are, unfortunately, no magic wands or easy answers.

But with good will and civility—we should once again give the taxpayers their money's worth, and still keep San Francisco at the forefront of innovation and compassion in America.

We provide this forum for Mayor Agnosso neighborhood residents will have an opportunity to hear directly from the Mayor on important matters affecting the city. We do not, however, necessarily concur with his opinions and encourage neighbors to share theirs by letter if they should feel so moved.

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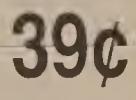
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Community news briefs and not-so-briefs

Animal Rights activists protest at Mt. Zion/UCSF Laurel Heights

Hundreds of animal rights demonstrators, marched from Mt. Zion to UCSF/Laurel Heights this past Sunday, April 29, in protest of the animal research facilities being proposed for these sites as the University deepens its transition into these complexes.

The orderly, non-violent protesters staged a speaking rally in the Laurel Heights parking lot on the outside of a barricade erected and manned by University police.

Protest organizer Doll Stanley of In Defense Of Animals began the rally by thanking the police for their cooperation in maintaining order and stating that privately many police officers supported animal rights issues and had purchased In Defense of Animals T-shirts.

Neighborhood resident activist Margaret Virgas lashed out at the University, alluding to the current litigation in which the Laurel Heights Residents Association is alleging that the University acted fraudulently in representing the use of the Laurel Heights as administrative when it intended to house its School of Pharmacy there. She also referred to a codicil in the agreed terms of the merger of UCSF and Mt. Zion which would allow the University to turn the Mt. Zion complex into a biomedical research facility, should they be unable to make a go of Mt. Zion as a community hospital.

Lise Giraud, a member of the Palo Alto Humane Society who opposed the recent construction of an animal research

facility at Stanford decried what she described as the "biomedical industrial and academic complex" entrenched with a 13 billion dollar government budget exceeded only by the Pentagon's and committed to unproductive biomedical research on animals because it was the easiest to get government money for.

Donna Spring of The Disabled and Incurably Ill for Alternatives to Animal Research spoke from a wheelchair "on behalf of those who have no voice to speak," and said her organization represented some of those who were willing to volunteer for research in order to stop animals from being used. She decried the distorting of the media in covering animal rights demonstrations.

Inside the building during and after the demonstrations, UCSF administration officials, and staff and faculty members answered questions for the press regarding some of the issues raised by the protesters.

UCSF's Vice Chairman for University Advancement and Planning, Bruce Spaulding, said that the agreement about the conversion of Mt. Zion was to a specialty hospital from a general community hospital, not to a biomedical research facility, and that conversion would take place only if after every effort to run it as a community hospital Mt. Zion failed to make money. However Spaulding said he was fully confident that given the economies of scale that could be achieved by integrating the Mt. Zion complex



Animal rights protesters gathered to hear speakers in the parking lot of the Laurel

organizationally with UCSF's two hospitals at the Parnassus Heights Campus and given the 70 million dollars the University was investing in a new capital budget for Mt. Zion the hospital would be in the black financially as a community hospital. He said the University planned to run Mt. Zion as a community hospital for the next 40 years.

Ironically, professor Allan Basbaum, former chair of the Universities Committee on Animal Research almost inferentially agreed with protestor Lise Giraud

on the issue of research funding, stating that basic research into how the human body itself works was the most difficult research money to get from the government, whereas animal research money was easier to get because there was a presumption that potential payoff in terms of results in human applications would come more quickly.

He also said that the possibility of using human volunteers instead of animals was scientifically impractical because animals were raised to provide identical genetic factors which needed to be accounted for before human trials could begin.

Veterinarian Jan Wyrick also spoke of the benefits that animals received from animal research, such as hip replacements and kidney transplants, which are now part of the repertoire of veterinary surgery.

Fillmore merchants roll out sidewalk sale this weekend

Reinvesting funds garnered from sponsoring the annual Fourth of July weekend "Jazz and All that Art" festival, The Fillmore Street Merchants are throwing a sidewalk sale

Continued on page 22

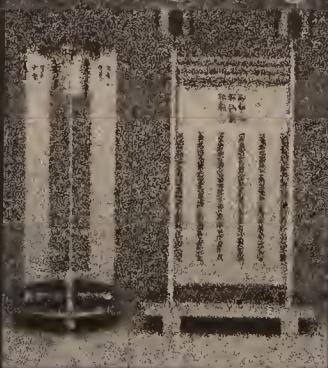
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The New Fillmore

The New Fillmore is published monthly from Box 343 2443 Fillmore Street, San Francisco, CA 94115. Tel. 931-0515. (You should see the size of the box!) We warmly welcome articles, fiction, poetry, photography, etc. on subjects about the neighborhood, or written by neighborhood residents. David Ish, Editor and Publisher, Kristine Fox, Assistant Editor, Ginny Lindsay Design and Production. 17,500 Copies distributed from Van Ness to Presidio and Geary to Vallejo. A member of the San Francisco Neighborhood Newspaper Association.

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Crime Watch

by
Captain Martel (Northern Station)

Neighborhood Crime Statistics for April

From Van Ness to Presidio, and Geary to Vallejo

	1989	1990
Homicide	0	0
Rape	1	1
Robbery	11	1
Assault	9	13
Burglary	34	21
Theft	90	73
Auto theft	26	21
Total	171	139

From the files

Rape

April 15, 11:45 pm, Broadway at Webster

As the victim was walking on Webster approaching Broadway she heard a voice

say "excuse me," the victim turned and saw four men, one produced a gun while the others surrounded her. She was asked for money, but had none, she was forced into a blue Toyota camper and was repeatedly raped by five or six men while the vehicle was driven. The victim was then released.

The suspects were described as Latin males, between the ages of 18-20

Elevator robbery

April 3, 5 pm, 1880 Pine

The victim entered the elevator from her apartment lobby and the suspect stepped in the elevator behind her, the suspect followed her when she exited at the ninth floor, grabbed her purse, threw her on the ground and fled down the stairway.

The suspect is a black male, 25 years old,

6'3, 180 lbs, brown hair, brown eyes, wearing a red cap, dark jacket and pants.

Loss is a purse, U.S. Currency and miscellaneous papers

Harassed at the Hillcrest

April 10, 9:55, The Hillcrest Bar & Cafe, 2201 Fillmore

A customer became verbally abusive to the patrons and the bartender. When asked to leave by the bartender he became angry and pulled out a knife and waved it at the bartender in a threatening manner. The police were called and the suspect was taken into custody.

Serious purse snatchers

April 11, 10 pm, 2077 Broadway

The victim had just pulled into her garage and was talking on her car phone when she saw a man walk past the garage door. The victim went to the door to check where the man had gone before she entered her house. As she came out of the garage two men shoved her against the wall and grabbed her purse, during this the other man reappeared. The three suspects fled on foot.

Suspect 1 is a black male, 25-30 years old, 6'3, 160 lbs, black hair, bad complexion,

wearing a dark blue sweat shirt and dark pants; Suspect 2 is a black male, 25-30 years old, 5'4, 165 lbs, wearing a white sweat shirt and white pants; Suspect 3 is a black male, no further description

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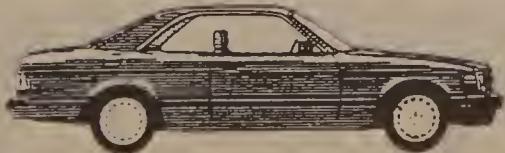
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Events in the neighborhood: Mesa Gallery's environmental show

Mesa Gallery has special show to celebrate the Earth

In the wake of the world wide environmental awareness created last month with Earth Day, and as part of a month long city wide festival called Earth's Alive!, the Mesa Gallery on Bush Street is presenting a spectacular group show from May 3rd to the 29th of 24 Bay area painters, sculptors and print-makers featuring work with earth oriented or environmental sensibility. And a portion of the proceeds of each sale will be donated by the gallery and the artist to environmental organizations, thereby providing a tax deduction for anyone purchasing any of the works.

"I'm tremendously excited about this show," says guest curator Ellen Jacobson who has been affiliated with the gallery since its inception and who has her own firm which develops environmentally oriented products. "The work coming in for this show seems to be momentous. It seems bigger. Even when a piece is small physically, it seems larger."

"Artists generally work with a certain consciousness when they create," she says. "It's that artist's individual feeling. But this is not just the artist doing his or her own work. This is the artist expanding out into the world. It's not just about one person's creativity. It's a bigger picture. It's on a larger scale."

The gallery got involved when gallery director Pam Reeves received a solicitation as part of a mailing to several hundred galleries, theaters, educational institutions, museums, and environmental/ecology groups in San Francisco to be part of a month long city wide festival called Earth's Alive!, created and sponsored by the California Institute of Integral Studies. The idea of the festival is to showcase the work of artists whose sensibilities seem to reflect a deep sense of ecology and connection with the earth.

Pam showed the flyer to Ellen and both agreed enthusiastically to support the festival with an exhibit.

California Institute of Integral Studies put them in touch with several artists who were eager to participate in the event and in need of a gallery in which to

display their works.

Mesa selected several, whose work will be shown along with environmentally oriented work from Mesa Gallery regulars such as Ron Megorden and Stewart Gross.

"We're delighted that this show has connected us with several new artists whose work we were not previously familiar with," says gallery director Pam Reeves. "I'm sure there will be ongoing relationships with some of these artists after this show."

All of the pieces in the show have earth/environmentally oriented themes and several pieces, such as Ron Megorden's "Reclamation," are made of recycled materials. His 8 1/2 foot high figure "One" is created from discarded copper, steel, brass and tin.

Artist Dana DeKalb's "Compound Fracture I and II," are cast paper relief paintings composed of recycled cotton pulp. Deidra Stead's constructions "Acid Rain" and Battleships #1," are created entirely of found materials—the stuff that dumps and landfills are made of.

Several pieces, like the Don Nix sculpture "Earth Anger," and Alan May's mixed media offering entitled "Nobody's Home," express the sense of outrage artists feel when confronted with the damage already done to the environment, while others such as Janet Jones' collagraph "Earth Disc," and Shawn Wilson's bronze sculpture "River and Ocean" express the artist's sense of sacredness for the earth.

Some pieces such as Christian Quintin's complex pen and ink drawing "We Are Visitors," Sarah Barnes painting "Dominion" and Ellen Jacobson's mixed media work "Small Steps, Big Changes," deliver very strong messages, while other works such as Sue Carey's dimensional piece "Bathing Beauties, Lainey Pizanis' pastel "View From Shore," and Benny Alba's oil "Basics" are more whimsical.

Each participant in the show has been asked for and submitted a written statement about their work and how it relates



Ellen Jacobson and Pam Reeves of Mesa Gallery start moving the art in the door for their special show this month bringing focus to the environment.

to the environment. Statements will accompany the artwork at the show. Some are a few lines, and others run several pages.

One highly poetic statement is the one accompanying Janine Brown's acrylic on paper "On the Selway":
"It is about the wild things of this earth speaking to

the wild center of the person
it is the misted air

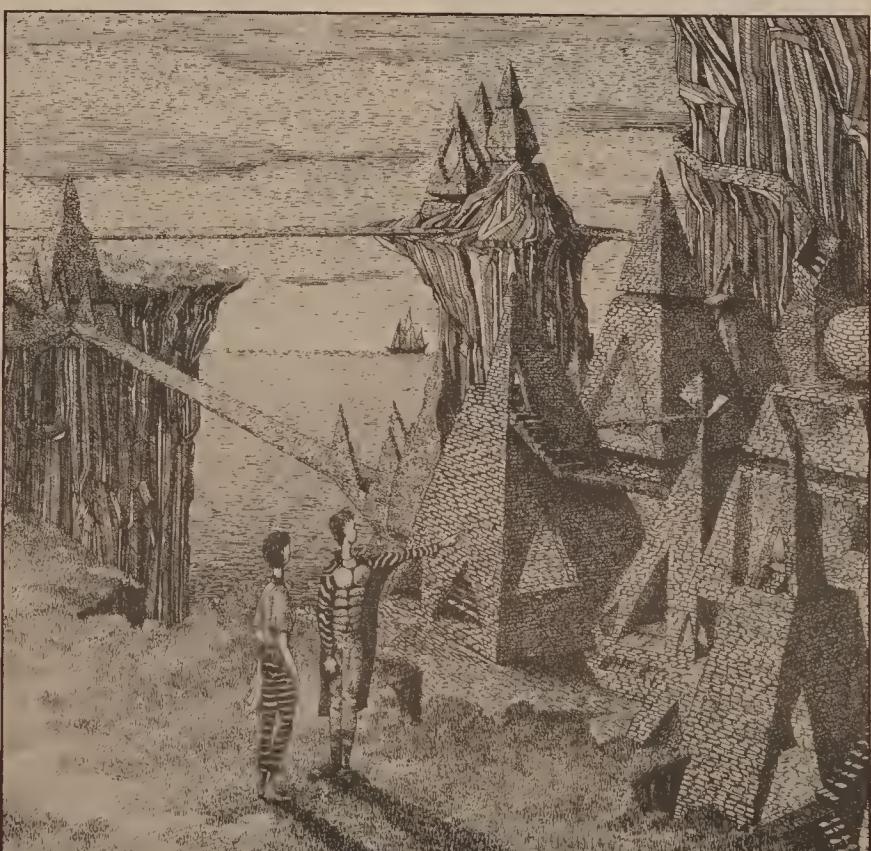
it is the layered forest
it is the tumbled boulders
and the clear stream
it is the small patch of weeds
speaking to the wild center of the person

It is about listening to the wild things of this earth speak to the wild center of the person."

—David Ish



Featured in the show are Deldra Stead's "Battleships 1" at top center, Ron Megorden's tall "one" at right and his "Reclamation" at left, with Dana DeKalb's cast paper "Compound Fracture I and II" at middle and bottom center.



Christina Quintin's strong pen and ink "We Are Visitors," is a highlight of the show.

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Your Neighborhood Grocer

By Rich Moresco

Strawberry statement

Steve in the produce department tells me we've got some good quality strawberries coming in now, from the Rio Grand Valley up to Watsonville.

They're tasty and they're big.

Besides tasting good, strawberries are great nutrition. They're loaded with vitamin C plus important amounts of vitamins B-1, B-2 and B-6. Strawberries also hold many of the essential minerals as well, particularly potassium, manganese, iron and copper. Another plus is they contain virtually no sodium. They are recommended as essential for cardiac health, but only if you can stay away from the cream that usually goes on top of them! All in all, they are an excellent energy source nutritionally, easy to digest and process.

Besides tasting good all by themselves, or served with toothpicks and a warm carob dip as hors d'oeuvre, strawberries make some really delicious natural fruit drinks.

First there's the strawberry-banana smoothie. To make it use 6 to 8 strawberries, half a flecked ripe banana, 1/2 a cup of apple cider or orange juice, a splash of maple syrup and 4 to 6 ice cubes. Drop all into the old blender and put it on low for 20 seconds, then high for the last 10. That ought to do it.

If you want to give the same cooler a more tropical flavor, use the orange juice variant of the above, add half a peeled mango and substitute the juice of half a lime for the splash of maple syrup.

Finally there's the strawberry-peach

shake. Take half a dozen strawberries, half a peeled peach, 1/2 a cup of orange juice or apple cider, and that dash of maple syrup along with 5 or 6 ice cubes and put them in the blender, this time on 30 seconds for low and high speed for 10.

That's it! Have a hearty drink of one of the best fruits on the vine.



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People in the neighborhood: Entrepreneur/Educator Saskia Thiadens

Saskia Thiadens devoted to cause of treating lymphedema

Sacramento Street resident Saskia Thiadens has started both a neighborhood clinic and a national foundation to make recovering cancer patients and physicians aware of an important treatment for an unfortunately frequent side effect of cancer therapy—a swelling of the limbs called lymphedema, a condition once thought by most physicians to be untreatable.

Both surgical and radiation treatments for cancer, which involve removal or destruction of lymph nodes or other lymphatic tissue surrounding the tumor often wind up compromising the lymphatic system to such a degree that lymphatic fluid can no longer circulate freely. It therefore builds up in the affected area, creating the swelling. The condition may not arise immediately after treatment, but can occur years later, often when the arm or leg nearest the treated area becomes injured or infected for some reason, further compromising the system to the point of breakdown and swelling build up.

Saskia first noticed the condition in the early 1980s when she was running a private recovery facility for reconstructive and cosmetic surgery patients. Many of her patients had had mastectomies in the past and elected some time thereafter to have reconstructive surgery. During the recovery from the subsequent surgery, was when the swelling in the arms developed, although there had been none following the mastectomy itself.

Curious about the swelling, she asked the physicians. But doctors told Saskia there was nothing for it and patients would simply have to live with it.

Irrked that people under her care were developing problems for which she was told there was no treatment, Saskia dug around and discovered there were some European and Israeli treatment methodologies that were in fact highly effective. Basically lymphedema is treatable through a combination of massage and compression. Massage breaks up the encrusted proteins in the lymphatic channels, opening up the hardened over pathways. And compression, via a pump-driven pneumatic sleeve or boot over the arm or leg, forces the backed up fluid on out into the rest of system.

Introducing the treatment to her patients was one thing. Getting physicians

to accept them and insurance companies to pay for them was another.

Determined however, she closed her surgical recovery center near UCSF and opened a lymphedema treatment center, Aurora Medical, on Post near Scott, in 1987, the first lymphedema clinic in the country. She opened a second clinic in November of that year in Sacramento, but met stiff resistance from the medical community there because physicians there were convinced lymphedema was untreatable.

Realizing any further efforts of expansion were going to meet the same sort of resistance again and again unless another tack was taken, Saskia stepped back in April of 1988 and founded the National Lymphedema Network to create awareness of the treatment methodology across the country.

Response to the network has grown quickly. As a result of her vigorous campaign to promote awareness to cancer associations and hospitals through mailings, personal contacts, and a quarterly newsletter, 28 lymphedema treatment centers have opened up across the country.

"The network really worked," Saskia said. "It's established the fact of the condition and the efficacy of the treatment. Physicians that 2 or 3 years ago wouldn't even admit to me that their patients had problems are now referring patients immediately."

To date Saskia has seen over 500 patients in her clinics since she opened the doors.

"I'm delighted with the response we've had," Saskia says. "Particularly given the amount of initial resistance."

A native of Holland, Saskia came to the United States in 1970 having received her training as an RN in the Netherlands. After a couple of years in New York City she came to San Francisco in 1972, working as a nurse in a number of different hospitals. After heeding the call of the wild for a couple of years with a journey to the deep interior of British Columbia where she worked in a frontier hospital in Ft. St. Johns, she returned to the city in 1982, determined to start a business of her own. She had always had a dream to have a bed and breakfast, and she struck upon the innovative notion of combining this effort with a post operative care



Saskia Thiadens behind her desk at the Aurora medical clinic on Post Street

facility for people recovering from cosmetic and reconstructive surgery.

"Insurance doesn't pay for cosmetic surgery or surgical recovery, so I knew there was a real need to provide a relatively low-cost postoperative care facility for people recovering from cosmetic surgery," she said. She opened a facility near UCSF in 1982, devoting one floor to her bed and breakfast and another to postoperative care, providing postoperative care at \$175 to \$200 a day compared to the \$500 to \$800 range charged then by most hospitals. It was while running the postoperative care facility there that she first noticed how many patients had developed lymphedema swellings.

Lymphedema is not a condition strictly associated with cancer, however, and Saskia now is broadening her effort to make more people in the general public more aware of its treatability. The condition may arise exclusively from injury or deep infection of an arm or leg without the lymphatic system being previously weakened by cancer therapy. And lymphedema has congenital causes as well, apparently the result of genetic factors, and may arise even without injury or infection, let alone cancer treatment.

The condition is chronic, and while the swelling can be reduced by as much as 65%, continuous treatment is required. Saskia's patients at Aurora come weekly, first receiving a one hour massage of the affected area to loosen things up, and

then 4 hours on the sequential pneumatic pump. Insurance pays for the time on the pump, but insurance companies, in their glacial wisdom, have yet to decide, despite its complete acceptance in Europe, that the massage is actually limbering things up, and are apparently suspicious that it's just some sort of California feely-touchy add-on.

Treatment rooms have a homey and cozy ambiance with carpets, drapes, T.V.'s, couches, etc. to take the clinical edge off the visit.

"People spend as much as four hours here every week," Saskia says. "We want them to feel as comfortable and as at home as possible."

Some patients opt to buy the machine and have one at home rather than come for weekly visits. But that seems a choice made as much for the sake of convenience as economy. The weekly visits are \$30 an hour, whereas the machine costs around \$5,000.

Patients also need to constantly wear compression sleeves or stockings between visits to maintain the condition. Both sleeves and compression hosiery, including panty hose, are now available in a range of colors so patients can look fashionable rather than mending when they're seen out in public.

There is also medication available to reduce the swelling that characterizes lymphedema. Drugs belonging to a class of pharmaceuticals called benzopyrones break down the proteins which clog up the lymphatic channels. These drugs are only available at present in Europe. They are not approved by the FDA in the U.S. and while Saskia is doing some grass roots lobbying to make them available here, it is an uphill battle. On the average it takes about 7 years and 70 million dollars for a drug company to perform the necessary trials required to get FDA approval.

Lymphedema is also preventable in certain instances if the risk of its arising is recognized and precautions are taken. "Women who have had breast surgery should be extra careful to make sure that the arm next to the mastectomy never gets injured or infected," Saskia says. She suggests wearing gloves while doing housework, gardening or other types of work that can result in even minor injuries, not using the arm for heavy lifting, and never allowing the arm to be used for injection or to draw blood from. She also suggests one avoid wearing tight jewelry or cutting the cuticles.

In addition to the clinic, there are also on-going monthly support groups which meet at Aurora. "The support groups are very helpful," Saskia says. "For a lot of people it means finding out for the first time they're not alone."



Patients in the clinic relax in a homey setting while their limbs are treated with a special pneumatic pump that reduces the swelling of lymphedema, by putting compression on the lymphatic fluid in the affected area and forcing it into the rest of the system.

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Up and down the Fillmore

By
David Ish



Anybody out there listening?

Covering the animal rights demonstration at Laurel Heights last weekend I was struck by how unfairly both sides of the issue felt they were treated by the media. Donna Spring, addressing the rally decried the distortions of the media in covering the Berkeley demonstrations earlier in the month. UCSF's assistant chancellor for media relations Tom Guinn said he appreciated the time I took asking questions of his assembled array of UCSF faculty and staff. (The guy from the Chronicle left after ten minutes, and I asked questions for an hour). "We're used to living with 10 and 20 second sound bites," Tom said.

Members of the Animal Rights contingent were also pleased that I was taking the time to ask some questions. One doesn't have to look too deeply into the word media to recognize that the job of media is to mediate, presumably by letting both sides of an issue have their full day in the court of public opinion.

And when it comes to the animal rights issues, you don't have two different sides, you have two different worlds. Biomedical researchers, with their animal committees and federal guidelines are earnestly seeking to adhere to or improve the conditions under which the animals are treated. Animal rights activists are trying to get them out of the pokey. Biomedical researchers point with pride to the fact that the graphic pictures of tortured monkeys displayed by animal rights activists are in no way contempor-

ary but have to predate the time a decade ago when animal care inspection committees were formed. (While admitting the pressure to form such committees came from the display of such pictures). Animal rights advocates, when told about the improved conditions under which research animals are handled retort that it's like saying we no longer have our slaves working in the fields we just give them light housekeeping duties now. The point, the activists maintain, is that they didn't volunteer to be there and so they shouldn't be.

The animal rights view is an emerging view, and so it seems strange to us, perhaps preposterous. But it is an extension of the same right of freedom, deep in the American tradition, that drove the movements of slavery and suffrage. And the idea that animals are ours to do with as we please is an extension of the idea that the earth, nature, is ours to do with as we please, an idea which has led to our present ecological crisis.

Biomedical researchers insist there is no way they could find out what they need to relieve human suffering if they didn't have animals to experiment with. But many agree that in the perfect world they would not use animals. There are too many problems, ethical and scientific, with animal models. The answer is in more government money for basic research into how the human body itself works, not on poorly applicable animal models of how it works.

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Fillmore Food and Wine

By
Ed Schwartz

Merely a matter of taste

Anthony Dias Blue is one of the leading wine authorities in the United States. Not only does he have one of the best sets of taste buds this side of the Hudson River, he also has a wonderful sense of humor. To prove this latter point, he put me on his Bon Appetit magazine testing panel two years ago, which entitles me to taste some 40 wines a week with other wine authorities in groupings put together by his redoubtable assistant, Jack Weiner.

We look at the wine gravely; smell the wines carefully, put a little wine in our respective mouths, swish it around, spit it out into a bucket and rate each wine from 50 to 100 points. The highest rated wines eventually find their way into the Bon Appetit "best wines" columns where they are hopefully read and acted upon by wine fanciers.

Marjorie Rice works on the San Francisco Examiner. She not only is a great wine and food authority, but also is a lot of fun. A couple of weeks ago, to prove the fun point, she invited me to be on a different kind of taste panel, one that would discover which non-alcoholic beers were best. Several of my faithful readers were surprised to see a photo of my face in the Examiner, stuck in a glass of non-alcoholic suds trying to figure it all out. "Is that your nose, or a glass," one friend remarked.

I can do these tastings, or get away with them, because I have a pretty good "nose" and smell is a very important component of taste. The problem with lining up 40 Cabernets or 10 glasses of beer and tasting them all "blind" is that, unfortunately, it isn't the way 99.99% of wine and beer drinkers enjoy these beverages. Most people open a bottle of wine, drink it with dinner and don't smell it, nose it, take a little in the mouth, swish it around, spit it out and go on to the next item. They enjoy it. Also, I have to confess, tasting 40 rich red wines in a row is not easy; about the sixth wine, one's taste buds get fatigued and it is then the nose comes into play as taste buds fade away. But back to the point of all this.

For example, one of the "hottest" wines in the market today is the Chardonnay, Sonoma Cutrez. To have this wine with dinner is an emotional experience because it is "hot" and one thinks about that. And it is a good wine, quite good with food. But in a tasting of lots of Chardonnays, it will not often come in near the top because it is, for me, a little on the sweet side and in Chardonnay tasting, that component would be faulted.

Another example, Cuaison Merlot at \$18 a bottle is considered a high price by some non-elitists. However, in tastings with Chateau Petrus, an all Merlot wine costing a shade less than \$300 a bottle, Cuaison will win in a blind tasting just about every time. But wines aren't tasted blind, and having the Petrus label and knowing it costs 15 times as much as the Cuaison turns some people on. It's the emotional side that counts—just like romance.

And the beer tasting was a further revelation. I came into the tasting with a real taste prejudice. I like beer, especially Anchor Liberty Ale. It's got a lot of taste and taste is what I want. When I tasted these ten non-alcoholic beers, the first thing I was struck by was that many of them had so little taste, I thought my taste buds had gone on vacation. I thought

one was sour Calistoga water. Back I went to the task, this time closing my eyes, opening all my sinus cavities and really concentrating on finding the taste components. Now I was getting subtle differences. I had to rate the beers, not only in words to be quoted (and therefore I didn't want to appear silly) but also from one to ten.

When it was done, I found that the beer I had rated tops was also favored by the rest of the panel, and one of the beers that was consistently rated down, as being too sweet, was—get this—Budweiser regular beer which Ms. Rice had slipped in as a ringer. Yes, tastemakers of the world, the "King of Beers" had come in almost universally last because it tasted sweet. But don't forget, that is not how beer is enjoyed. So when a wine writer, or in this case, a beer writer, tells you all about where it's at, take it all with a very large grain of salt, because you know how he or she tasted it and while ratings may be valid up to a point, the point may not be as clear or as valid as one might think. When some Frenchman uttered "chacun a son gout"—each to his taste—he wasn't whistling Dixie.

Incidentally, next month I am going to review a new, well-spoken of barbecue restaurant called Homeboy's BBQ. I couldn't do it this month because I am just finishing a very special diet. It's called the Mexico City 8-day quick loss weight diet. It is an interesting diet, not for everyone, but it does work and it is guaranteed to lose about a pound-and-a-half a day. In this diet, you don't eat. Period. There is quite a bit of groaning and some introspection involved—phrases like "it must have been the salad" or "it must have been the ice cubes in the Pina Colada." And, lots of "excuse me, I'll be right back." Nevertheless, I will be back on the old grind soon and doing less philosophical articles on taste. If you want a wine recommendation for the summer, you might try the 1988 Kenwood Sauvignon Blanc. In a recent nation wide taste off to find the best wine to go with oysters, Kenwood won. It's featured this month at Pacific Heights Bar & Grill, but don't forget. Only mere experts picked the Kenwood. They didn't ask you for your opinion, did they? Also nice Sauvignon Blancs—Raymond, Dry Creek, Mondavi and Cakebread among many.

Ed Schwartz is a well known food and wine critic and author of the Zagat Guide to Bay Area Restaurants.

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San Francisco Film Society

San Francisco Film Society

The San Francisco International Film Festival is back at the Kabuki again this year, running since April 30th through May 13th. Their one-month delay due to quake damage gave them a chance to include films premiered at the February 1990 Berlin Film Festival, which, as you can imagine, was quite a high this year—now that Germany's a free country again, and Eastern Europe's had a handful of revolutions.

Picked to click is Hungarian writer-director (Miss) Ildiko Enyedi's debut, "My XXth Century." This witty, inventive meditation on our electric century stars Dorotha Segda (featured on SFIF program covers) in the dual role of twins separated at birth, who pursue opposite paths in life. Hungary, however, takes this year's prize for longest films. "Recsk," a multi-leveled documentary of a forced labor camp, interviews both inmates and guards in this little-seen aspect of Hungarian history, and runs four hours. At 3.5 hours, "The Documentator" is more than a peek at contemporary eastern Europe's absorption into a VCR/video culture.

The 1990 Lifetime Achievement Award honors the unique world of Czechoslovakia's Jiri Menzel, a world imbued with a mix of the philosophical and the comic. His "Closely Watched Trains," also being shown at the festival, took the Best Foreign Film Oscar in 1968: a few months later Soviet tanks rolled into the streets of his native Prague; but he stayed. Featured will be his latest, "End of Old Times," an idyllic hymn to the particularly civilized Czech spirit, plus his "Larks on a String," after a ban of 20-some years.

"Decalogue," by Polish director Krzysztof ("Blind Chance") Kieslowski is a set of ten, hour-length fables about people faced with choices, each illustrating one or more of the Ten Commandments. Two were later expanded and showing May 1-10, we bet you can't see just one.

The legendary Romanian film "Re-enactment," called one of the best European films of the 60s, is finally being

unshelved. Two kids are taken back to the bar, where, getting drunk on graduation night, they injure the bartender. They're now to restage the incident to make a government documentary. Fortunately, the film uncorks some welcome gulps of black humor along its inevitable path to utter tragedy.

Among the U.S.S.R. crop is "Black Rose," which was still on the editing bench at the time of last year's Moscow Film Festival.

And the inside word is that Yugoslavian filmmaker Rajko Grlic's "That Summer of White Roses," featuring Tom Conti, Susan George and Rod Steiger, looks like a comer, even though it took some time locating an unpolluted river.

Africa's once again given good exposure this year, among which "Have You Seen 'Drum' Recently?" recreates South Africa of the 50s. "Magicians in the Sun" co-bills a documentary by Philip Haas on aboriginal Dreamtime, and Werner Herzog following the Woodaabe, a Sahel tribe. And Cheick Oumar Sissoko's "Finzan" is a close-up look at proud-spirited Mali women.

Other films worth considering include: Hou Hsia-Hsien's "A City of Sadness," a vivid, controversial recreation of mid-1940s Taiwan, torn by retreating Japanese, the PRC mainland revolution, and the rise of Chiang Kai-Shek. And from Britain, two unique regional films rooted in working class life: "In Fading Light" and "Angry Earth." And Joris Ivens' final film, at ninety, "A Tale of the Wind," by a beacon in the art of documentary film.

But SFIF also spotlights other documentaries and countries, other styles and themes. As you can see, film's capacity's not only for entertainment, but for also being the greatest instrument of communications since Gutenberg's printing press.

Local angels and angles

Local merchant sponsors include the Pacific Heights Bar & Grill and the historic Queen Anne. Our own Wayne ("Chan Is Missing") Wang puts a new twist to the intrigue genre in "Life is

Continued on page 12

New videos releases

Greece, sex and apes

Reviewed by Don Lee Miller

Shirley Valentine is everyone's valentine as played by Pauline Collins with a heart the size of Great Britain. The ordinary housewife is bored with talking daily to her kitchen wall and jumps at the chance to accompany a gal pal to Greece where she meets Tom Conti, a restaurant owner who reawakens her self-appreciation.

Anyone who has ever been trapped in a relationship that has outgrown its time will rejoice when Shirley realizes that she's not so bad after all and doesn't need the constant put-downs voiced by the husband who takes her for granted. That her emancipation takes place in Greece is all the more enjoyable for the vicarious traveller in all of us.

Collins won the Tony for her monolog Broadway version of this show and richly deserves her Oscar nomination for her expanded recreation for the film. Welcome a new star to the Hollywood firmament! Collins' transformation from dumpy housefrau to liberated woman must be an encouragement to anyone—not just women—who feels there's another being ensnared within the soul who's anxious for the chance to escape. On video, none of the humor, power or scenery escapes. Treat yourself to a visit by *Shirley Valentine* to your home. (108

min. Paramount)

Escape from the Planet of the Apes is that rare sequel that is as interesting as the parent, set two years earlier. Chimps Roddy MacDowell, his wife Kim Hunter and Sal Mineo depart their planet in a rocket just before it explodes (shades of *Superman*) and find their treatment varies in L.A. from death to parenting to residence at a Beverly Wilshire suite and Rodeo Drive shopping. Befriended by scientists Bradford Dillman and Natalie Trundy, they ultimately seek refuge in Ricardo Montalban's circus.

It seems there are varying factions on whether they should be studied as living creatures or dissected for lab exams. When Hunter gives birth, there is great excitement. Fearing for their lives, the apes skip. A tragic chase ensues.

As science fiction pictures go, the placement of the strange creatures in our modern environment and seeing them find things we accept as commonplace as unusual has proved amusing each time it has been done. The award-winning makeup for the chimps is fascinating. Can their return from the future to the present save Earth from self-destruction? (Playhouse 98 min.)

sex, lies and videotape won Best Film and Best Actor (for James Spader) awards at

Continued on page 23

No. 33 underway at Kabu even as we watch

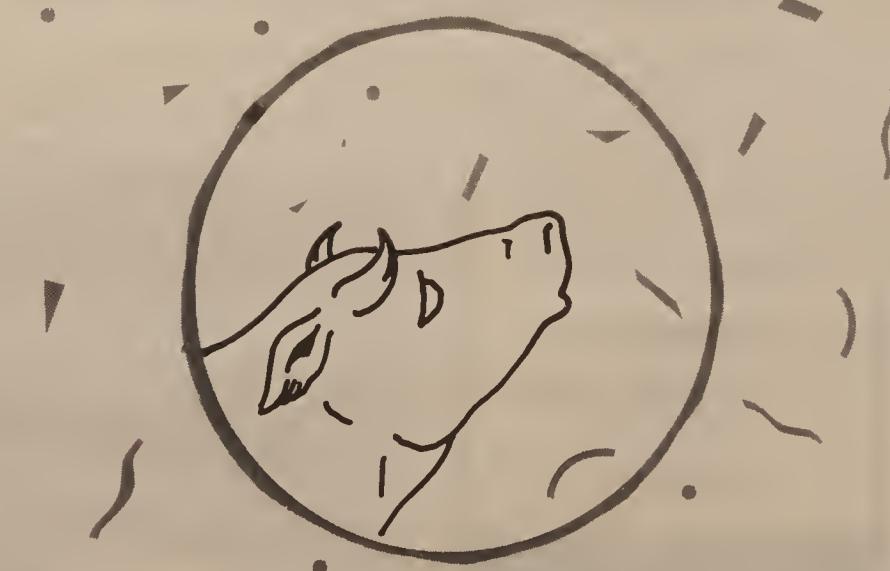


Couples predominate in this montage of stills from the 33rd annual San Francisco Film Festival, now running at the Kabuki. Top photos are snaps from Ildiko Enyedi's "My XXth Century," and Hou Hsai-Hsien's "A City of Sadness." Bottom are moments from two

Eastern European entries: "Larks on a String," "That Summer of White Roses" and, from the U.S.S.R., "A Short Film About Killing."

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Cheap," set in the underworld of present-day Hong Kong. *Variety*, the bible of show business, touts "China Lake"—by another local director, Dieter Wiehl—as "a hip, stop-motion road movie set in the American desert." And Francis Ford Coppola fans will revel at his Zoetrope company's 20th anniversary, co-featuring 70mm prints of "Apocalypse Now" with his rare "One from the Heart."

This year's Golden Gate Awards were judged from 670 plus entries from twenty-six countries, (with Poland and U.S.S.R. represented for the first time ever). Winners screen at noon. May 3rd, for example, features Marlon Riggs' hot "Tongues Untied." May 4th features films about the environment, admission is free.

Tickets are always hot for the archival film, and this year's "Michel Strogoff" is no exception. This color tinted and toned Jules Verne epic took three years to restore, and is co-featured with Buster Keaton's "Our Hospitality."

This reviewer's always grateful for the revivals. This year features two revival programs. One's a preview of the upcoming June retrospective at the Pacific Film Archives (PFA) of work by French producer Anatole Dauman, including Jean-Luc Goddard's greatest film, "Two Or Three Things I Know About Her." Moreover, now that people are rediscovering revival, or repertory films, there's a trio of Technicolor classics: "Pandora & the Flying Dutchman," a rare Ava Gardner film; Michelangelo Antonioni's "Red Desert" and, the most deservedly famous of the lot, "The Red Shoes." In 55-words-or-less, Technicolor was a "3-strip" process giving each of the three primary colors its own film-stock inks and developers. Plus, letting it imbibe the inks, made the celluloid like a relief map, or an etching plate. All three strips, then printed together, gave you full and true color, and crisp focus with vivid textures and almost 3-D effects.

And, so, it all breaks down to 76 evening programs, and 22 daytime ones—spanning 28 languages. As always, the overall motto is: choose, and see for yourself. Film lovers can be glad they don't live in LA or Chicago, whose festivals cram 200 films in; or Berlin, 300; or Cannes, 600 (and all in two weeks)! With films from 27 countries and 5 continents—right in our own backyard—you now have a taste of the SFIF world awaiting you beyond our zip code.

Tickets are available in the Kabuki lobby, and from BASS, but shows tend to sell out, so don't delay. As ever, the PFA's booking a concurrent selection of SFIF films, for East Bay film-lovers, as well as offering 'Friscans alternate dates and times. Don't forget, too, to watch for program additions, and changes. For more information, call 931-FILM.

—Gary Gach



This wallhanging by Agatha Komaksutiksak of Chesterfield Inlet, Northwest Territories is part of the new collection on display at the Albers Gallery.

William Sawyer Gallery

(3045 Clay between Baker and Broderick; Tues.-Sat., 11-6 pm. 921-1600. Merti Walker, Recent Steel Sculpture, 5/8-6/1)

Opening May 8th at the William Sawyer Gallery is recent work by Bay area sculptor Merti Walker.

The use of geometric shapes and line offset the massive overtones of the pieces. There is a great presence of negative space that combines with a sparse use of color in the mostly black forms to create an astounding feel of movement. The work lends itself to participation from all angles and addresses the figure in a discreet, very personable manner.

This is about as delicate as large hunks of steel can get. The viewer can't help but be constantly aware of the graceful and rhythmic issues presented.

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Mesa Gallery

(2178 Bush Street, between Fillmore and Webster; Open Tues.-Sat., noon-5 and by appointment. Phone 921-3592, Group show of Bay area artists focusing on environmental protection, 5/3-5/29)

In support of the "Earths Alive" festival Mesa presents works by twenty-four Bay area artists whose work relates to environmental protection.

The exhibit, running May 3rd through the 29th features forty contemporary works by the likes of Ron Megorden, Dana Dekalb, Deidra Stead, Don Nix and Alan May.

The show is just part of this month long city wide festival.

For complete details of the show and events surrounding it refer to the feature on page five of this months issue.

MERTI

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Recent

Steel Sculpture

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Albers Gallery

(353 Presidio, between Sacramento and Clay; Tues.-Sat., 11-5 pm. Phone 563-3344. Arctic Wall Hangings, 5/4-6/16)

This month Albers debuts a show of wall hangings from a variety of Inuit communities. Rarely do we get to see this type of work on the west coast and the variety presented here is a wonderful cross section of this art form.

The pieces are predominantly fabricated from wool and incorporate a limited use of leather, fur and various applica-
ces. They contain a great deal of color and depict scenes typical to Inuit life and often found in Inuit print making.

The show contains 20 pieces representing 16 artists and range in size as much as they do in price, representing the gamut of this type of work.

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The New Fillmore Bookshelf

Haunted by the ghost of John Wayne

"Silver Light"

by David Thomson

Knopf, 1990

333 Pages, \$19.95

Reviewed by Mark Mitchell

What happens after a movie ends? After the lights have come on and stale popcorn has been swept up, what becomes of the characters on the screen? Do their lives continue beyond those two hours? David Thomson would answer with an emphatic yes, and he has done some great work in showing us that life. In a previous novel, *Suspects*, Mr. Thomson wove capsule biographies of characters out of film noir into a sinister tapestry of the American dream. His enthralling new work, *Silver Light*, takes on the west and westerns.

Most of the major characters in *Silver Light* are second generation movie characters: Susan Garth, frontier photographer, is the daughter of Matthew Garth, who was played by Montgomery Clift in "Red River"; Nora Stoddard, museum curator, is the child of Ranson and Hallie Stoddard from "The Man Who Shot

Liberty Valance;" and the philanthropist James Averill II is descended from the character played by Kris Kristofferson in the disastrous "Heaven's Gate." Through the course of their lives they run into a huge cast, both historical and fictional; everyone from Charles Ives and Willa Cather to McCabe and Mrs. Miller makes an appearance.

There is a strong element of play in this novel. The reader is wondering and second guessing most of the time. Every now and then it threatens to fold in on itself entirely, as when Susan Garth stops by the set of "Red River" to watch Howard Hawks film her father's life.

More is going on, though, than fascinating games with movies. The central characters are very real, vividly drawn people, trying to sort out their mythical antecedents and the legends of their own lives. Mr. Thomson's prose is rich and detailed and there is an erotic charge running through the whole book. He shifts his narrative back and forth through time and space from, roughly, the end of the Civil War to 1950. Major characters

sometimes speak in their own voices, sometimes an omniscient narrator watches them for us. For all the tricks of structure, the reader is never lost, but caught up in the intricacies of the web.

Silver Light is, in a sense, haunted by the ghost of John Wayne. Many of his movie characters hover around the edge of the story, and Mr. Wayne appears as himself a couple of times. He is, perhaps, an appropriate icon for the growth and decline of the myth of the west.

Perhaps Bark Blaylock should be given the last word about all of this. Bark appears in the novel as a frontier bastard whose father might be Wyatt Earp, Bat Masterson, or John Wayne in "The Searchers." In his old age he reflects:

"I had seen that west gilded with artifice and invention; I had felt the helpless slide into pipe dream and so-called legend, which is often the word that liars employ when they are drunk."

Mark Mitchell is a neighborhood poet

New heart attack recovery guide from Pacific Presbyterian M.D.

"Coming Back: A Guide to Recovering from Heart Attack"

by Keith Cohn, M.D. and Darby Duke, R.N.
Addison-Wesley, 1979, 1987 revised edition
228 pages, \$9.95

Reviewed by Gary Buckley

There are only two classes of people who should bother to read this book: (1) those who have had a heart attack and want to make a positive recovery without risking another; and (2) those who have not yet had a heart attack and would like to do something to avoid one. No one else should waste their time. If human nature is as I think I know it, the former will be more motivated, but the latter class has far more to gain.

I approached reading this book as a task, but happily came away with a pleasant, refreshing feeling of having located a genuine contemporary treasure in this volume. The book became like a new found "friend" and I determined to keep it near me for the rest of my life. *Coming Back* is somewhat akin to being offered a comprehensive medical insurance policy, renewable yearly at no cost, without loopholes or exclusions, and available for pennies. You will not often find its equal in value to yourself or your loved ones.

My father died of his first heart attack at the age of 46, and that memory on occasion has been like a demon for me. Fortunately, however, I have not suffered one yet and can already claim more years than either of my parents. Ergo, my approach to this review will be mainly from the perspective of a person who wants to avoid the titled experience. But at the same time from the perspective of a man who believes he is highly vulnerable.

Coming Back is about developing new habits fundamental to cardiovascular health, and that awesome, challenging responsibility is presented to the reader in a way that has the best chance of success—with compassion and understanding, with humor and reassurance, and with great insight into the human condition. The authors see the population as people and friends and lovers; not as charts and patients and statistics. In Chapter 3, for example, I found a warm and positive approach to this most serious and philosophical subject, "The Physician Within." We are told about "a realistic hope that brings purpose and confidence" to people who want some large measure of control in their own health. Here is not the voice of a task master, but rather of a wonderfully wise and gentle disciplinarian. In the chapter on stress, I read with much appreciation a very brief description of Type A and Type B behavior that makes sense for me.

Cohn and Darby take the readers on a journey, but it is a variable trip. If necessary it can begin in the high-tech, sterile environment of the CCU and they make that journey more understandable and less frightening. Or it can begin for anyone just exactly where you are in your

Continued on page 27

Western Addition Library News: September now available in May

Rosamunde Pilcher, author of the huge best seller, *The Shell Seekers*, has a new novel just out. Titled *September*, it centers on a young woman's twenty-first birthday celebration—a gala event for which preparations begin four months early. Guests gather from around the world, and fate holds surprises in store for them.

In *Rush*, first novelist Kim Wozencraft draws on her own experiences to tell her story of a young woman undercover narcotics officer, who becomes addicted to the drugs she is working to curtail.

People who are concerned about the earth's future will want to add Carl Sagan's newest book to their reading list. *Path Where No Man Thought* is about the discovery and development of the nuclear winter theory by Sagan and his co-author, Richard Turco. Nuclear winter is the cold and dark that would be engendered by the dust and smoke of even a "small" nuclear war. Sagan urges steps to prevent it.

Comeback is Giants' pitcher Dave Dravecky's story of his fight against cancer. His courage and strength are inspiring.

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The New Fillmore Calendar



Performance

4, 8 pm, Michael Sand and Phebe Craig perform virtuoso works by 17th and 18th Century composers on baroque violin and harpsichord, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

6, 3 pm, Alfred Schnittke's Requiem, directed by Winifred Baker with the San Francisco Civic and Winifred Baker Chorales, San Domenico Chorus and Bell Choir; \$8/\$6 stud, sen, St. Mary's Cathedral, Geary and Gough, 453-8853

6, 4 pm, Hatsagana performs Eastern European traditional instrumental and vocal folk music from Romania, Yugoslavia, Bulgaria and Russia with Gypsy songs and dances, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

11, 8 pm, Carol Fontana, piano, will perform a recital featuring the music of Beethoven, Ravel, John Craig Cooper and Liszt, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

18, 8 pm, Miriam Abramowitsch, mezzo-soprano, and Marta Bracchi-Le Roux, piano, will perform feature works by Argento, Crumb, Davidovsky and Faure, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608

20, 4 pm, Stephen Tramontozzi, Nina Flyer and Marc Shapiro, double bass, cello and piano, perform duets and transcriptions for cello and bass, \$8, \$5, \$4, Old First Concerts, 1751 Sacramento, 474-1608



Exhibits

Through 5/5, noon-5, Wed-Sat, Metastasis, the new viewer activated video installation by Sheldon Brown, free, The LAB Gallery, 1807 Divisadero, 346-4063

5/16-6/16, 6:30-8:30 pm, United States of Americana, an exhibit of popular items by Marshall Weber and Leslie Singer, free, The LAB Gallery, 1807 Divisadero, 346-4063



Health

2, 16, 6-9:30 pm, Heartsaver CPR Class, learn what the cardiovascular risk factors are and how to maintain heart health, also learn how to recognize the signs of a heart attack and what to do if someone near you has one, \$10, Pacific Presbyterian Medical Center, 2333 Buchanan Street, 923-3395

9, 7-8:30 pm, Pain management techniques, Dr. Corey Bercun will speak on ways to manage living with pain, free/reg required, Bonnefin Chiropractic, 190 Gough, 621-1522

18-22, 9 am-3 pm, UC Mobile Mammography Van, offers convenient breast cancer screening for women with known breast problems, the exam takes no more than 20 minutes, the only requirement is written or verbal approval from a doctor, \$50, UCSF Laurel Heights parking lot, 3333 California, call 990-0459 for appointments

23, 7-8:30 pm, An evening of Iyengar Yoga, a presentation on the benefits of yoga with Donna Farhi-Schuster, a formerly trained modern dancer, teacher and writer, please wear loose fitting clothes, free/reg required, Bonnefin Chiropractic, 190 Gough, 621-1522



Tours

9, 7 pm, Full Moon Over California Street, a leisurely early evening walk to enjoy the Victorian and early 20th century charms of California Street by the light of the Silvery Moon, returning along Bush and Pine Streets, tour ends with coffee at the Queen Anne Hotel, flashlight suggested, free, meet at the NE corner of Franklin/California, City Guides, 558-3981



New Age

Mondays, 6:30 pm, Yoga, Unitarian Church, 1187 Franklin, 776-4580

Tuesdays, 7:30 pm, What is Psychic Energy?, lecture and demonstration, free, Psychic Horizons, 2240 Geary Blvd., 346-7906

Through 5/23, Spiritual Economics, a class about creating money and true desires from a space of self love, facilitated by Julian Baird, 2782 Sacramento Street, 563-2577



Historical

Historic James Whittier Mansion and Art Gallery, open Tuesday through Sunday, guided tours are given at 1:30 pm, with additional tours on weekends at 3 pm, \$3 general, \$1 seniors and students, free the first Wednesday of each month, California State Historical Society, Whittier Mansion, 2090 Jackson Street, 567-1848

Haas-Lilienthal House tours, Wednesdays noon-3:15 pm, Sundays 11 am-4:30 pm, tours start every 40 minutes, last one hour, \$4 general, \$2 senior and youth (under 12), 2007 Franklin Street, 441-3004

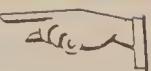
EMERALD
The Birthstone for May

Emerald is the mineral beryl (as is aquamarine) tainted with oxides of chromium and vanadium which give it its rich and legendary range of green hues. Emeralds were mined in Egypt over three thousand years ago, but today's finest specimens come from the Muzo Region of Columbia. It symbolizes the coming of a beautiful and hopeful Spring and is one of the gemstones in the house of Cancer - the Crab. The virtues of the emerald are for those who aspire to wisdom and seek enlightenment. It can restore weary eyesight, predict future events (when placed under the tongue), ensure purity of thought and conduct, protect sailors at sea, bestow eloquence, expose infidelity and, if consumed as a powder, make a powerful laxative. According to the legend of King Arthur, the Holy Grail was a carved from a single emerald, and if a man could touch or see it, he was healed at once, by faith, of all his ills. But then the times grew to such evil that the Holy Cup was caught away to Heaven and disappear'd.

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of Events for May

Meetings



8, 7:30 pm, Monthly community meeting with Captain Dennis Martel, Northern Police Station, 1125 Fillmore Street, 553-1562

20, 8:30 am, Fillmore Merchants Association monthly meeting, Pacific Heights Bar & Grill, for more info call, 922-4093

21, 7:30 pm, The Western Addition Neighborhood Association, St. Dominic's, 922-2580

Networking



8, 7:30 pm, Modern Relationships: Are they worth the trouble? Being single and sexual in the 90s, learn the ways you can create a satisfying and emotionally rich life that may, by choice or by chance, be other than married monogamy, with Isadora Alman who writes the "Ask Isadora," column for the Bay Guardian, \$15, Jewish Community Center, 3200 California, 346-6040

15, 7:30 pm, Intuition: What it is and how to trust it, a lecture and experiential format, explore ways that your life can be enhanced with a well-developed intuition and the blocks that can stop you from trusting your inner knowing, \$15, Jewish Community Center, 3200 California, 346-6040

22, 7:30 pm, Love in the 90s, the we decade, learn to establish a healthy and positive set of beliefs, \$15, Jewish Community Center, 3200 California, 346-6040

Lectures



7, 7:30 pm, Recreating Your Self: Help for Adult Children of Dysfunctional Families, a new book by Nancy J. Napier, will be discussed by her, \$3, Jewish Community Center, 3200 California, 346-6040

25, 1 pm, "Vision Care in the 1990s," advances in eye disease diagnosis and treatment, including refractive and laser eye surgery, free, Jewish Community Center, 3200 California, 346-6040

31, 7-9 pm, The Grassroots Environmental Movement in the USSR, Francis Macy, sovietologist, and Philip Williams, director of the International Rivers Network, will report on their recent delegation of US environmentalist to Moscow, Leningrad and Riga (Latvia). Hank Birnbaum, director of the Center's Soviet-American Environmental Exchange program, will be on hand to present future delegations, \$3-5 donation requested, 3220 Gallery, 3220 Sacramento, 346-1875

31, 7-9 pm, Karen Johnson, San Francisco psychiatrist and author of "Trusting Ourselves," will lecture and sign books, .50, Laurel Heights Auditorium, 3333 California, 885-7711

Lessons & Workshops



7, 7 pm, Volunteer Open House Night, find out about the many opportunities for volunteers. Volunteers can learn work

Continued on page 16



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Please send Calendar Information to: The New Fillmore Calendar

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Exhibit reveres Almighty Dollar

"The flag is a nice symbol and they can fight all they want about burning it, but to me the real American symbol is the dollar bill," says Marshall Weber whose celebration of the almighty dollar in a variety of collages is on display along with sixty oil paintings by Leslie Singer of other Americana at the LAB Gallery.

Both Weber and Singer are noted for the socially critical content of their work. This exhibit includes Weber's clothing, furniture, and other collages made of genuine one dollar bills, while Singer presents her renderings of baseball and football cards, TV dinners, handguns, and other American icons.

Marshall Selby Weber completed his M.F.A. at the San Francisco Art Institute in 1983. That same year, he co-founded the San Francisco alternative art space Artist's Television Access, where he now serves as co-director and curator.

Leslie Singer is the creator of dozens of films and videos that comment on popular culture.

The show opens with a reception May 16th from 6:30 to 8:30 pm, and continues through June 16th. The Gallery, located at 1807 Divisadero is open Wednesday through Saturday and is free.



For Parents

Ongoing, Parenting classes, Parents Place, 3272 California Street, 563-1041

Tuesdays, 2:30 pm, Craft Demonstrations for parents, take a kit home to do with your child, call for more info, The Ark, 2986 Washington, 673-2529



For Kids

5, 1-4 pm, Maypole dancing, crafts, games, music and singing, fresh baked goods, sunshine and families combine for the annual May Fair Children's Festival, free, San Francisco Waldorf School, 2938 Washington, 931-2750

26, 27, 28, noon & 3:30 pm, "Pickle and Pals in the park," a vaudeville entertainment, comedy acrobatics, rap, and the Pickle Family Circus Jazz Band, Adults \$8/Children under 12 and seniors \$5, 681-7659

Saturdays, noon, story-telling for children, call for more info, The Ark, 2986 Washington, 673-2529

Mondays, 3:30-4:30 pm, Crochet Class for children, six one-hour sessions, please call for more info, The Ark, 2986 Washington, 673-2529

Ongoing, Children's storytime for individual boys and girls ages 3-5, please call for times, Western Addition Library, 1550 Scott, 346-9531

Special

2, 6-8 pm, "The Senior Challenge," in celebration of Older Americans Month, this program includes a panel discussion with spirited seniors representing varied accomplishments in the fields of

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Memo to Detwiler

A cautionary tale of memos and Aikido

"Detwiler you're going to drive me crazy with these damn memos," Grayson said, pushing the memo from Detwiler back across his desk toward him. "I have to get through four pages of obtuseness before I catch the drift of what you're trying to get at. There are far too many details. Can't you boil it down, summarize it or something? I've got a lot of alligators in the swamp, and by the time I'm through reading one of your memos at least three of them have taken a bite out of my butt. Can't you write me at least a two-biter, or maybe even a one-biter?"

Detwiler, who was tall, slouched down in his chair and prissily shook his head. His small narrow eyes were looking at Grayson's desk to avoid eye contact. "These are very complicated issues," he said, in his irritatingly high and reedy voice, "I'm afraid they don't lend themselves to oversimplification."

"Oversimplification's not what I am asking for, what I need is—oh, the hell, with it. Just ask Maureen to come in on your way out, will you?" Grayson said, reaching for the Bronson folder on his desk, his hands trembling in anger. They had had this argument before, in a number of different forms, innumerable times, and Grayson knew getting any further into it would only be unproductive and exhausting.

"I'm supposed to remind you your supposed to see your doctor and get your test results."

Maureen said when she came in.

Grayson looked at his watch. "Damn it that's right," he said, taking a final gulp of his cold coffee and throwing down the last piece of his jelly roll as he headed out the door. "I guess Bronson will have to wait until I get back."

He went down to the street on the elevator and caught the 3

Jackson from Sansome and Sutter out to Pacific Heights, where he lived, and where his doctor was.

After he had waited an appropriate eternity in one of those small rooms doctors enjoy keeping patients in interminably, his doctor finally appeared, holding a chart in his hand and shaking his head, and looking like grim death. "These are terrible numbers," the doctor said. "not good at all. You're overweight. Cholesterol's high. Blood pressure is way too high. Any stress on the job?"

"Grayson snickered. "You might say so," he said.

"What's your diet like?"

Grayson now winced, know-

Grayson felt anger welling up, anger and a sense of helplessness at being so completely caught off guard. But he also had the feeling of having just learned something very powerful.

ing what the Doctor would think of cold coffee and jelly roll on the fly.

"Are you getting any exercise?" "I don't have time."

"You're not going to have any time at all if you don't do something, Jim," the doctor said.

"So besides everything else that's on my plate I now have to worry about my health," Grayson said.

"No," the doctor said. "You have to do something about it."

Grayson headed down Laguna Street from his Doctor's office toward Sutter where he would

catch the bus back downtown, in a foul and depressed mood. So this was what a midlife crisis was he thought. Suddenly it was upon you.

After he crossed Bush Street and headed toward Sutter, on the outer edges of Japantown, he noticed on his left, the Aikido studio, the men tumbling and being tumbled on the mats, their images reflected in the mirrors along the wall. While most were Japanese, there were two or three occidentals in the class and Grayson paused, looking through the window at the graceful movements, with his hand on the knob of the door, thinking this might work out. It was on his way to home. If they had classes in the morning and the evening he could stop in before or after work.

He stood there for a few minutes watching them, until the class appeared to be over, and then he went in. The stocky Japanese with the grey crew cut who had been leading the class came over to him. "You want to learn about Aikido?" he asked.

"Well I was thinking about it, yes," Grayson said. "I really need to get some exercise, and you're on my way home from work. I thought I might be able to stop by on my way downtown or coming back."

"We are open in the evening," the Aikido man said. "Six o'clock."

"Well good," Grayson said. "So you want to learn about Aikido?" the man asked again.

"Well yes."

"Good," the Aikido man said. "I'll show you about Aikido. Put up your arm like this," he said, raising his own arm in front of him, "and push against mine."

Greyson took off his suit jacket and did as instructed, pushing his arm against the Aikido man's,

Continued on page 27

Fillmore photo: through the lieberman lens



No Goo On You. As I was headed to the park one sunny winter day with my toddler in tow, I discovered the solution for instant picnic food. Maruya, a shop at 1904 Fillmore Street, creates wonderful sushi and other take-out-only delights. Clutching a bag loaded with eel nigiri, California roll, chirashi and egg roll sushi, I had found a lunch that little fingers and big fingers could enjoy without mess. --Lieberman/Rollins

Below are two poems by neighborhood poet Michael Jeffrey Virga who lives at 2000 Post Street. The first poem appeared last month, but was improperly set and incomplete due to typesetting error, and is now reprinted here in its entirety.

a ballad
about the son of man
poetically perceived as the sun of day
revolves through the cathedral
in the Red Square

by Michael Jeffrey Virga

Beneath dark waves
within the womb of the west
a new dawn eases
at the east side of He
a quiet intensity touching down
in a brick'd belfry that holds a monk mad
the blessed Basil with his back bridged
pushes and pulls the ancient bell-drums
the timeless intercessor staring behind sad Rasputin eyes
from the spires all along the slavic watchtower
St. Elmo fires a red-orange glow
that not rivals but revels with the day star
under stretching sky-vaults
dazed upon these wuther'd rocks
valleys of mosaic sun-flowers anointed
in a streaming mass of irrational amber harmony

Day arcs
slowly soars
reaching out
above the walls
that hold us all
prisoners in disguise
the carpenter-sun
pulling all together
manybrokenpieces
until that Friday noon-quake passes the swollen
son-dome
his lanc'd side
runs still
and
fades

But the atlantic-Spirit
of the pacific-Sun
slowly shepherds
the stain'd fields of shatter'd stones
the dusty murals folding
the lost restless colors bleeding safe
into the One
and There all ways sing in the Sun

landscape poem for Mother's Day 1990

by Michael Jeffrey Virga

Glory be to the Oneness
for the Mother-spirit
her slow push like the pulsing streams
springs free the frozen brown soils
feeding the seedlings within

Keeping watch from above
the thirsting sky-Father too
drinks deep her crystal-blue milk
his cloudy white flocks swell
to a thunderous shear showerin'
her wet pearls
over their stretching green saplings

With an unbroken rainbow
(all along the pacific Sun-tower)
they caress round
Madame's dappled domain



Image, Fashion, and Beyond

By
Suzie Woodward Morris

Characteristic: The use of two equally balanced solid colors or prints

Mood: Dignified, professional, prudent, serious, well-educated

How to create this look

One example of this look is a solid-color dress with contrasting collar and cuffs. A separates Patrician Look would be, for example, a navy blazer and skirt with a white blouse and shoes. You can use prints, too: a red, white, and blue print dress with blue and white pin-dot cuffs has the balance that gives you a

Patrician Look.

Where to wear this look

The Patrician Look has almost as much credibility as the Sophisticate Look, but is not as intimidating. Since it is so well balanced visually, it is a perfect look to wear when there is a job that needs to be done. The Patrician Look gives others the feeling that you are a loyal, hard-working person, but not too unapproachable. The best places to wear this look are in business or professional offices, political campaigns, legal offices, board meetings, investment clubs, business or professional organizations, and anywhere you need to assure those about you that you are a no-nonsense, dedicated, and loyal person to have around.

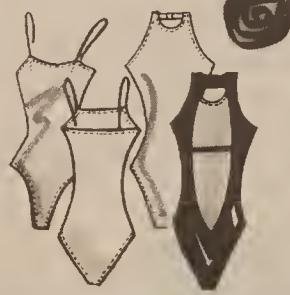
How women respond to this look

Women will most often respond to this look with great respect. They will assume that you are a woman who is definitely career-oriented. Because it is so similar to the Sophisticate Look, women generally assume that the Patrician woman has everything in her life under organized control.

How men respond to this look

Research shows that men favor visual balance, so they are very comfortable with this look for professional and business women. In business this look will do a lot for a woman in a male environment—it has good credibility without being too intimidating. Socially, men will have a neutral response to it.

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How children respond to this look

Children respond with a great deal of respect. It would be good for maintaining authority without being too scary, but they'll never expect you to play with them as equals.

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Looking Good

by
Elana Laub

New product spotlight

Several new products have come on the market recently, some of which are quite intriguing. Here are a few of the most fascinating:

Soft Tip Eyeliner

For those of you who have had trouble with eyeliners, "Prestige Cosmetics" has come out with a hypo-allergenic soft-tip eyeliner pen. That's right, a pen. It works like a fat felt-tip pen and gives you total control. It's fast-drying and easily removed. This is the best eyeliner pen I've seen so far.

A Healthy Indulgence

"Nail Caviar," the exotic new nail and cuticle conditioner from Perfect Nail is a blend of pleasantly scented, natural ingredients formulated in tiny beads. Just

a few beads applied with the enclosed applicator spoon—that burst when massaged onto the nail and cuticle—give a pleasing sensation as they release vitamins and oils.

Each bead is enriched with myrrh, a spice known for its healing and antiseptic properties. "Nail Caviar" also provides vitamins A and D and the moisture retention properties of panthenol to condition cuticles while strengthening and stimulating the natural growth of your nails. Optional—apply "Nail Caviar" only while sipping champagne.

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"One Drop Nail Glue Dispenser," is a unique product that dispenses the perfect amount of glue—one drop at a time—

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"Pure Moisture"

A clean, clear 100% oil-free hypo-allergenic moisturizer for hair and skin. It contains no artificial colors, fragrance or additives. "Pure Moisture" combines purified water with NaPCA, collagen, glycerin and aloe vera. It can be used as a hair moisturizer (leave in) or a body moisturizer and as a make-up base for longer lasting make-up.

It's great to use after shaving your legs—it prevents skin peeling and your pantyhose go on more smoothly. Use it for back rubs—it feels cool and will not dry skin. And after sun, it helps take the sting out of sunburn.

For men—apply "Pure Moisture" after shaving. It will soothe skin and help heal nicks and cuts. Plus, the lack of fragrance means it will not compete with your cologne.

"Sidekick"

If you ever had trouble keeping side combs in place, Wings introduces a self-locking side comb called "Sidekick." It's a comb that locks styles into place with

pivoting side wings. Easy to use, "Sidekick" works well with all hair types, both long and short.

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A great new professional blow dryer called "Jilbere Plus Dryer" has the most wonderful features—a cool shot button to help set hair, five (count 'em!) temperatures and two speeds. It has a powerful 1250 Watt European turbo motor which has a heat output equivalent to a 1600 Watt dryer. There is a removable filter for easy cleaning. The dryer comes with an extra-long heavy-duty cord and a directional diffuser is included.

"Jilbere Plus Dryer" has a sleek European design. It is built to be used in a salon eight hours a day—so you can imagine how long it will last at home.

Elana Laub is vice-president of Beauty Store on Fillmore Street



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by
 Dr. Richard Kunin, M.D.



Tryptophan toxicity

Tryptophane is an essential amino acid, essential for life. It is a component of tissue proteins, a source material for synthesis of the vitamin, niacin, and likewise for the neurohormone, serotonin.

It has been known for many years that disturbances of tryptophan metabolism can and do occur. In particular these have been associated with mental depression, headache and schizophrenic symptoms, such as hallucinations. Vitamin B6 deficiency, particularly common due to the use of birth control pills but also due to alcohol or viral liver disease, is well known to aggravate such symptoms. In case of medication with anti-depressant MAO inhibitors combined with tryptophan, excitement or mania is known to occur.

On the plus side, tryptophan has become established as a treatment for insomnia, mood depression and nervousness, replacing or enhancing the effects of sedatives, anti-depressants and tranquilizers. The popularity of tryptophane was due not only to its effectiveness but also its reputation for safety from side effects. Americans have become increasingly aware of dangers from prescription medications and this has also helped

propel tryptophan to a position of national prominence as one of the most commonly used nutritional therapies.

Suddenly there have been numerous reports of toxic effects from tryptophan, over 1400 cases reported since July of 1989 and with 14 deaths believed related to tryptophan by the end of February, 1990. I could not believe the initial reports of a new disease, Eosinophilic Myalgia (EM), due to tryptophan. This went against 20 years of trouble-free experience with tryptophan in my own medical practice. I had observed no complications more serious than headache, irritability or disturbing dreams, which quickly resolved on terminating the use of the amino acid.

I was initially very skeptical that the sudden appearance of hundreds of cases of alleged toxicity could really be due to this natural food substance, an essential amino acid. Let me remind you that essential means just that: essential to life. Deficiency of tryptophane is known to cause depression and to aggravate pellagra when the vitamin niacin is also deficient. The pellagra disease is recognized as a combination of chronic diarrhea, skin disorder, mental illness ranging from depression to schizophrenia, and death. To repeat: we must have tryptophan in order to live.

However, my research into tryptophan has uncovered ample evidence that this amino acid can indeed be toxic and even lethal under rare conditions. The facts of this epidemic of eosinophilic myalgia are not all clear as yet but my research is quite convincing that even moderate doses of tryptophan can cause symptoms in susceptible individuals. Since this is unexpected it has not been diagnosed even by astute physicians. The surprise conclusion of my research is that the epidemic of EM syndrome opens the door to understanding a number of heretofore unrecognized diet-induced symptoms based upon amino acid intolerance.

Continued on page 21

From a Club in a Class by Itself



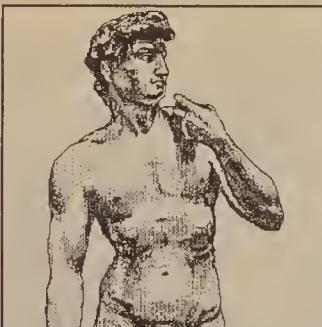
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The recent case reports of EM came initially from three doctors in Santa Fe, New Mexico, none of whom was experienced in the use of tryptophan. In fact, Dr. Blevins, who made the initial connection between eosinophil cells in the blood, pain in the muscles and tryptophan intake had only heard of medical uses of tryptophan a day earlier when his wife brought him a pamphlet describing its use in treating pre-menstrual syndrome (PMS). He saw a similarity to one of his patients and discussed this with two of his colleagues, who then made similar observations in their patients. The symptoms shared by these patients were: severe muscle pain, joint pain, weakness, fever and very high eosinophil cells in their blood.

Networking via the Center for Disease Control and other medical institutions quickly confirmed the association between tryptophan and cases of EM and led to a general recall of tryptophan from all pharmacies, health food stores and distributors and initial investigations centered on the likelihood of a contaminant or a bad batch of tryptophan. How else could one explain hundreds of cases of illness all at once after so long without incident?

Furthermore, EM was reported as long ago as 1971 and recognized as a distinct syndrome in 1974, before tryptophan was in common use. There has to be another cause of EM. It might even be another newcomer virus, in which case it might even be that those who already have EM might be unable to tolerate tryptophane, then tryptophane gets the blame.

Tryptophan toxicity has been a subject of concern before EM came along. Some metabolic by-products of tryptophan are known to be toxic, especially some tryptamines, some of which are known to cause hallucinations and mental illness. Tryptophane undergoes molecular change to tryptamines and other toxic products even in normal health conditions.

The key enzyme that controls the outcome is an oxidase, tryptophan pyrolase. Adequate activity assures transformation of tryptophane to its ultimate healthy products: serotonin and niacin. Deficient activity of the enzyme, however, promotes the build-up of tryptamines which can cause psychosis. Tryptamine is also known to cause elevated blood pressure and cause headaches.

Tryptophane oxidase enzyme requires activation by cortisone. In fact that is a major function of cortisone. It has been demonstrated very clearly by removing the adrenal glands from laboratory rats and then giving them a dose of tryptophan. Normal animals tolerate 1000 mg per kilogram, equivalent to about 60 grams (2 ounces) in humans. As little as 11.6 mg per kilogram (equivalent to about half a gram in humans) was lethal to all the animals rendered cortisone deficient by removing the adrenal glands. This dose is within the range of some of the fatalities reported recently in humans.

Eosinophilia may be a warning signal of cortisone deficiency and low cortisone is often associated with high eosinophils in patients with allergic, parasitic and rheumatic disease as well as in Addison's Disease, a cortisone deficiency caused by failure of the adrenal glands. It is rational to expect that tryptophan is toxic to patients with high eosinophil counts because these are the very patients likely to be low in cortisone and hence unable to process tryptophane adequately or safely.

Another possible factor in EM is deficiency of vitamin B6. This vitamin is often depleted or deficient in patients with rheumatic diseases and porphyria. Tryptophan pyrolase requires vitamin B6 and low B6 sets the stage for the production of toxic by-products of tryptophan. The pathway is as follows:

Continued on page 22

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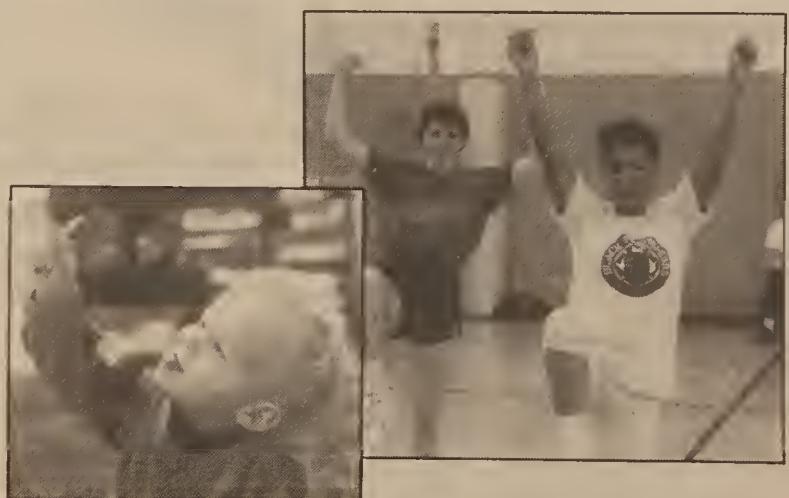
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Tryptophan

from page 21

Porphyria symptoms are known to be similar to symptoms caused by excess B6. Abdominal pain, headache, psychosis, muscle pain and death!

Environmental pollutants and drugs are known to stimulate liver enzymes called MFO or p450. These depend on a porphyrin component, heme. Dietary bioflavonoids also stimulate production of p450. Anything that produces p450 will deplete heme. This will affect the pyrolase enzyme adversely because TP (tryptophan pyrolase) is also a heme enzyme. Shortage of heme will weaken TP and interfere with normal metabolism of tryptophan. Even a high protein diet might cause symptoms of porphyria or EM in such a situation.

Rather than blaming tryptophan, I recommend that we integrate this information into clinical medical science. Heed the high eosinophil count as a warning to limit tryptophan doses and to beware of animal protein and high protein diet. This may improve the health of thousands of rheumatic and psychiatric patients. We have a strong lead here and should be grateful to the intuition and activism of the Santa Fe doctors who have brought this to our attention.

The early cases were reported by physicians dealing with arthritis and rheu-

matic diseases. Patients with these symptoms often have eosinophilia (high eosinophil counts) and muscle pain (myalgia) anyway so why blame tryptophan? Why not suspect that they were suffering from adverse effects from pain pills or anti-inflammatory drugs?

No matter how this turns out, I remain convinced that tryptophan can be dangerously toxic under certain conditions, particularly low adrenal activity and low availability of heme, as occurs in anemia and porphyria.

I am grateful to an April, 1989 publication of Thorne Research, Inc. questioning the safety of tryptophane. This was 7 months before the present crisis. Their article reviewed the association between tryptophan and bladder cancer, which implicates metabolites of tryptophan, such as kynureine and anthranilic acid as promoters of bladder cancer. Both of these intermediates are increased in case of vitamin B6 deficiency.

The former substances are toxic to tissues and can damage the pancreas, causing diabetes. Anthralinic acid and tryptamine can induce or aggravate mental symptoms.

Dr. Kunin is a practicing physician and psychiatrist, co-founder of the Orthomolecular Medical Society and author of two best-selling books, "MegaNutrition" and "MegaNutrition for Women."

Sidewalk Sale

from page 3

this weekend, May 5th and 6th.

The sale will take place during normal business hours along Fillmore Street from Jackson to Post.

Festive banners have gone up around the corner of California and Fillmore on the Wells Fargo Bank building and Pine and Fillmore over Brian Federow's store. Banners are also hanging in both directions from the Geary Street overpass.

Part of the reason for the sale is that it is not possible for merchants to offer items on the sidewalk during the Jazz Festival, as city regulations require the sidewalks to be kept empty as fire lanes while the streets are occupied with booths.

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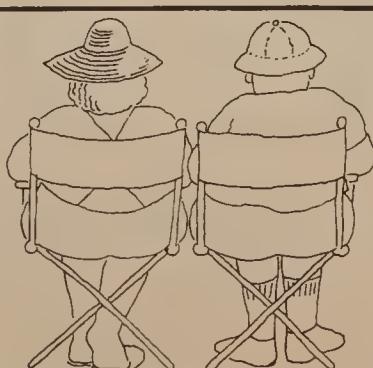
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Fillmore finance

by
Camille Moore

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The recent appearance by a Polish government official in Chicago, asking the Polish community there to invest in bonds being issued by the government of Poland, says as much about modern investing as it does about modern politics. The movement toward selecting investments for social, political, or ethical reasons is strong.

Investing for your conscience as well as your pocketbook is not new, of course. The Pioneer Fund, started in 1928, avoided investment in alcohol, tobacco, and gambling. The Pax World Fund, organized in 1970 responded to the Vietnam War. Its "peace portfolio" avoided defense stocks altogether. In 1972, The Dreyfus Third Century Fund broadened the definition of socially screened investments. Rather than designing another avoidance fund, Third Century invested exclusively in companies with excellent records in environmental protection, product safety, job safety, and equal employment opportunity. Social screens, positive and negative, now influence more than 400 billion in invested capital, according to the Social Investment Forum, a Boston based trade association that monitors the trend. This represents a ten-fold increase since 1985. The money is being invested by individuals, pension funds, unions, and governments and churches that want to avoid buying stocks of companies whose policies and/or practices they disagree with, or that want to support companies whose behavior coincides with their beliefs. Pension funds and state and local governments, in particular, have accelerated efforts to rid their portfolios of companies doing business with South Africa. This movement alone has led to a rapid expansion of choices for the socially conscious investor.

Currently, investors can choose from more than a dozen ethical mutual funds and mutual fund families, and a handful of money market funds. Equity funds, bond funds, and balanced funds are all available in this category. For those who are interested in somewhat higher returns, the choice is difficult, for there are

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Video

from page 10

the 1989 Cannes Film Festival—deservedly! Spader in his most accessible, sensitive role returns to Baton Rouge nine years after college graduation.

His university buddy Peter Gallagher, a successful 30-year old junior partner in a law firm, isn't getting any from his inhibited wife Andie MacDowell so he's having a passionate relationship with her sexy sister, Laura San Giacomo. Spader can only get off, alone, viewing videotapes of women he has enticed to tell all to his video camera about their boudoir activities.

Kinky and funny, the intimate story benefits from its almost claustrophobic closeup of the principals talking in private situations. Written and directed ingeniously by 26-year old Steven Soderbergh, this should launch a masterful career for its director and both leading ladies. It hasn't hurt the careers of Spader or Gallagher, either. Soderbergh has elicited well shaded performances.

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Don Lee Miller has covered the Bay Area entertainment scene for the past 14 years, including seven years for *The Hollywood Reporter*. He has hosted TV movies and reviewed films for international, national and local magazines.

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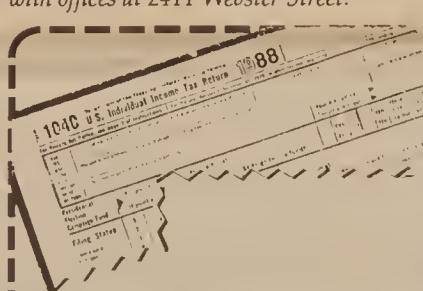
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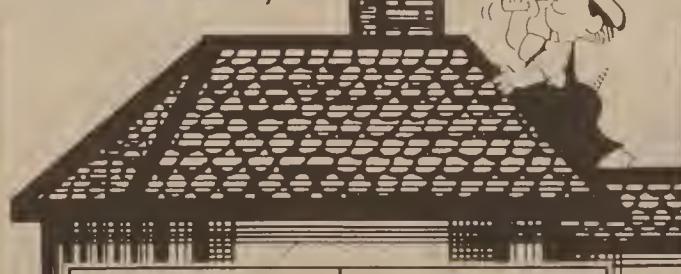
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Ace's Up

by Ace Washington



As if there wasn't enough trouble already with the Fillmore Center meeting minority hiring quotas, now comes a Supreme Court decision that makes what they've done, trying to comply, illegal. Succeeding only in moving the whole thing back in another direction.

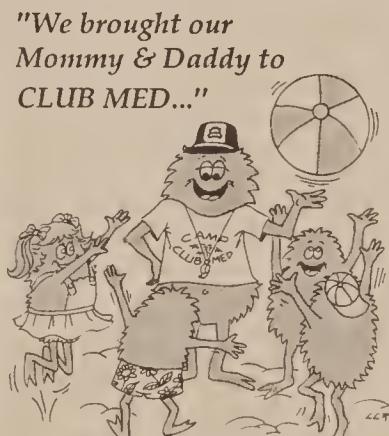
The Redevelopment Agency is now being forced to back pedal from its minority quotas or face possible lawsuits from contractors for being out of step with the new Supreme Court Decision which addresses reverse discrimination and says quotas for hiring blacks or any other minorities are illegal. In fact, a Redevelopment Agency Meeting April 24th dealt exactly with this issue.

Attorney Henry Hewitt made a summary presentation of the issue from all sides. Standing in the wings waiting to file a reverse discrimination law suit was Thomas Thompson, manager for Associated General Contractors of California. Also on hand were several black contractors to complain that when it looked like they were finally going to get their share of the pie, the rules got changed on them one more time.

The Redevelopment Agency's requirement for 50% resident hiring, which is color blind, will probably continue to be the method for keeping at least resident blacks on the job. Gene Suttle of Redevelopment feels that the Fillmore Center has done an "extraordinary" job of trying to fill construction positions from the neighborhood, given the pool of labor available and the amount of competition

for it from other projects. I say they could be doing better, but there's room for more than one opinion on this without anybody getting hot under the collar.

I understand from Tim Dupre, director of the Booker T. Washington Community Center that they're going to be meeting with the Westside Court Tenants Association soon about introducing



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a number of their programs into the complex, including the one for teen fathers. The crime rate seems to have levelled off at Westside Court, but graffiti remains a big problem. An anti-graffiti program implemented at Valencia Gardens and being worked on at the Hayes Valley complex to have the housing authority pay the tenants through their tenant service budget to paint over the walls with donated paint could happen here too. This kind of program creates some work and income for the people who live there, and gives them a sense of involvement with the complex. Why not? How about it Mr. Gilmore?

The deal for Emmet Powell, to be the only black merchant in the Fillmore

Center Plaza by taking over the Sweet Occasions lease is about to fall apart because Popeye's Chicken next door has objected to the fact that he's serving chicken as part of his soul food. Redevelopment is huddling with Powell and Fillmore Center Plaza landlord Richard Seto next week to try and save the deal. Blacks were supposed to be favored as retail tenants as part of the deal when the Fillmore Center Plaza went up, and now we're sweating to try and get even one brother in the door.

Rumors that the city is budget cutting back on its affirmative action staffing in two departments are unfounded accord-

Continued on page 25

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Great Old Houses # 60



The pristine Italianate duplex at 1717-1719 Webster

This double house has fascinated me for years by its bayless front, round-headed openings on the main floor, and its elaborate trim. It is such a beautiful example of Italianate style, but its age

and story had never come to light.

Recently, working on a prospective city historic district for the Bush Street-Cottage Row area, I needed to find its history. Turns out the house was one of

identical triplets, but the other two, next to it on the downhill side toward Sutter, were torn down and replaced between 1899 and 1913. They were all rental housing. The original owner never lived in them, but he held onto the property for 18 years between their construction and his death.

He was John H. Smyth, an attorney who never wrote his own will. He was

Continued on page 27

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**Anne Bloomfield
922-1063**

Great Houses

from page 26

born in Ireland about 1833 and received U.S. citizenship papers in San Francisco in 1864. He died in January 1888, having lived in the East Bay for his last decade. In the late 1860s and early 1870s he lived on Bush Street between Webster and Buchanan, and while there he bought a 100 x 100 foot lot on the west side of Webster between Bush and Sutter. It was bare land that he bought, from Daniel McLeod for \$3000, on the last day of 1869.

At that time there was hardly anything built anywhere in the neighborhood except the Stanyan House at 2006 Bush. The first public transportation didn't arrive until 1873, a horse car along Bush Street. But development was in the air. In 1870 a company called The Real Estate Associates put up its first eleven houses at Fillmore and Sacramento, and a partnership built cottages on all sides of the block bounded by Washington, Jackson, Webster and Buchanan.

In 1870 John Smyth developed his Webster Street lot too. He had three identical duplexes built, stairstepping down the hill. The Sanborn fire insurance maps of 1893 and 1899 show them about 50 feet deep and two stories and basement in height, each one with a center front miniporch, each split from front to back into two dwelling units. The fancy trim on these essentially simple boxes indicates that Smyth expected to attract a relatively high class of tenants, who would be willing to pay above-average rents.

What made them more expensive? A high-class appearance. The round-headed openings on the main floor and the segmentally arched ones above. Flat lintels would have been cheaper, but the arches make the house seem like an expensive brick building whose structure required arched openings. The delicate balcony, the window surrounds, corner blocks

and fancy topline brackets were all prestige items that added to costs. They were all the very latest style in 1870, and they look beautiful today.

Smyth's tenants included soap manufacturer John Applegate and his wife Anna, in 1880. Next door from 1877 to 1886 lived Sarah Taylor, a widow in her 80s, with her two children and a middle-aged grandchild. Cora Smythe, who may have been related to the owner, was another tenant, a school teacher.

After John Smyth died in 1888, the court divided his property among his relatives. His sister Catherine S. Riley inherited 1717-1719 Webster, others inherited the other two duplexes. In her lawsuit to clear title after the 1906 fire had destroyed city records, Catherine Riley testified about her inheritance. She said the property was improved by a "substantial dwelling house where I reside with my family." She did not live to finish the lawsuit, but her will named heirs who pursued it successfully.

Her husband John Francis Riley, a building contractor, was still living in the house in 1914. Doubtless his need for a home saved 1717-1719 Webster from the fate of its triplets, which were torn down by 1913 and replaced by an apartment building with more units. And some miracle has saved the remaining duplex from the remodelers ever since.

Anne Bloomfield is a consultant in architectural history. She lived in an Italianate house in the neighborhood.

Detwiler

from page 27

feeling the tension, struggle and immobility of the effort.

"Nothing happening right? Pushing hard but nothing happening, right?" the Aikido man asked.

"Right," Grayson said, wishing something would happen.

"Now watch," the Aikido man said,

withdrawing his arms suddenly. Grayson was caught and thrown completely off balance, the force of his own effort to push against the Aikido man suddenly controlled and used against him as he fell forward into the Aikido man's arms. Grayson felt anger welling up, anger and a sense of helplessness at being so completely caught off guard. But he also had the feeling of having just learned something very powerful.

"That is basic Aikido," the Aikido man said. "Basic lesson. You don't resist. You see?"

"Yes I guess I do," he said.

"You want to learn Aikido?" the man asked again.

"Yes I do," Grayson said. He signed up for his first lesson to start that evening, and went back to the office.

"The Bronson file, right?" Maureen asked when he got back.

"No," Grayson said. "I want you to take a memo."

"A memo?" Maureen asked, raising her eyebrow. "You never write memos!"

"I guess there's a time for everything," Grayson said. "Get ready for a long one. Lots of details. It's a memo to Detwiler."

—David Ish

Heart attack

from page 13

life at this moment. In particular, the chapters beginning with number 12, "Taking Risks" can be invaluable to those who think less about the daily risks of diet and work and life style which are so quiet and subtle and consuming—and yet so powerful! Pick any of the chapters following at random and you'll find something worthwhile and easy to read in a concise presentation. The statistics you've heard many times before are all here (and there were a few new ones for me), but they are presented in a user friendly manner—and I promise you will learn more and remember more as a result. Even the appendixes are highly readable and interesting!

If you are over 40 don't miss this book. It is all written in the layman's language, but it is lively and informative. If you start it I bet you'll read at least some chapters more than once. Buy it or borrow it. Put it under your pillow, in your briefcase, near to your favorite chair; and most importantly, close to your heart.

Gary Buckley lives in the neighborhood and is the Director of Benefits and Compensation at PPMC.

Keith Cohn is Acting Chief, Division of Cardiology, at PPMC and a professor of medicine.

Darby Duke is an RN who specializes in nursing education.

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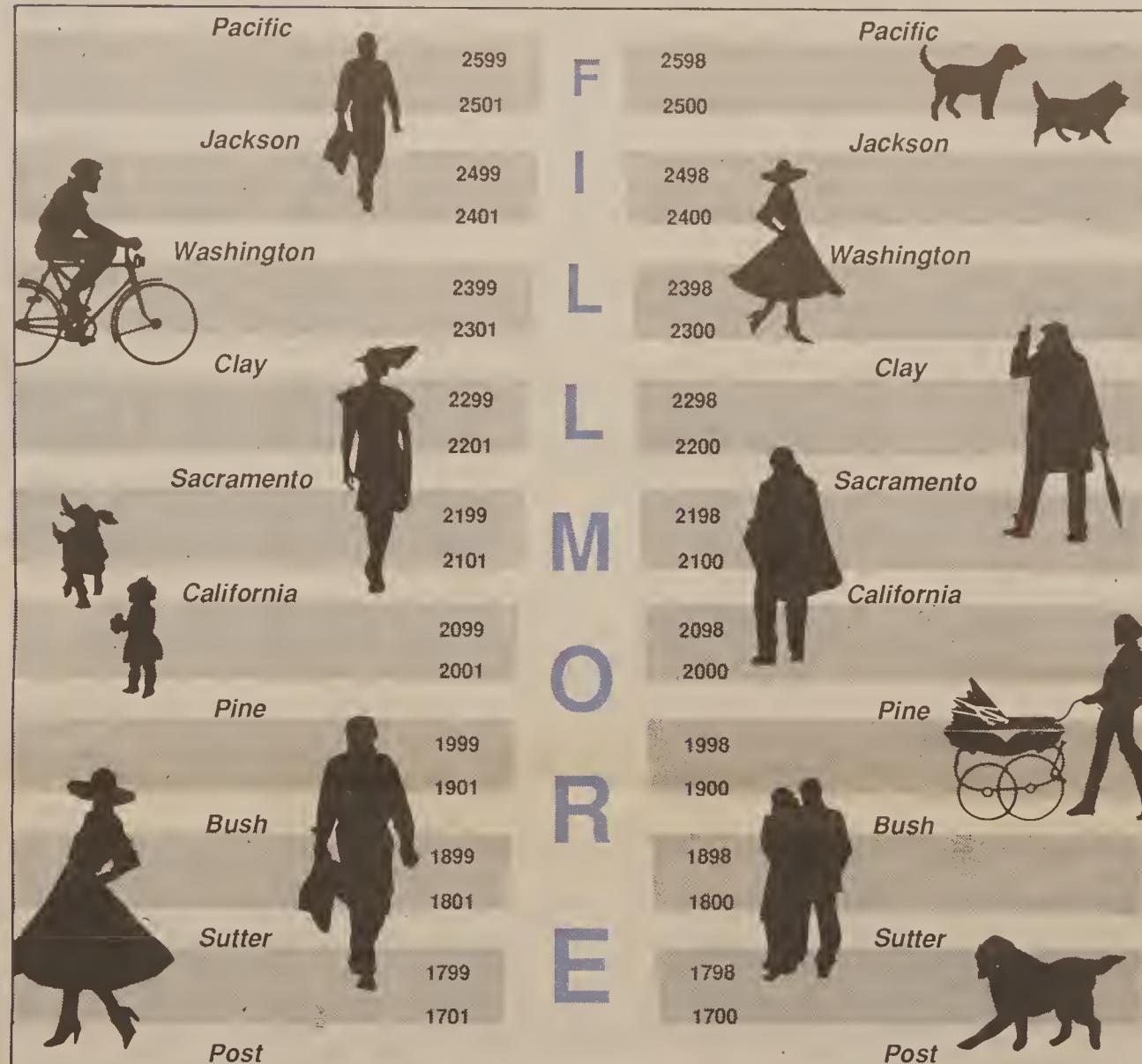
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2505 Fillmore 346-5288

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